
Pediatric Daytime Sleepiness Scale (PDSS)

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Purpose Consisting of 8 questions, the scale is designed as a brief measure for evaluating subjective experiences of daytime sleepiness in young students. While no time reference is specifically identified by the questionnaire, items query feelings of drowsiness in a variety of settings over the course of the day. The measure was initially designed to be used in research, but may also possess clinical and screening utility.

Population for Testing The scale was designed for middle-school students aged 11–15 years.

Administration A self-report measure completed with paper and pencil, the scale requires approximately 5 min for completion.

Reliability and Validity A validation study conducted by developers Drake and colleagues [1] demonstrated an internal consistency of .80.

Obtaining a Copy A copy of the scale can be found in the original article published by developers [1].

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Scoring Using a Likert-type scale, respondents indicate how frequently they experience drowsiness or alertness in certain situations. Responses are coded on a scale from 0 (“seldom”) to 4 (“always”), except for item 3 for which the scale is reversed. Higher scores on the scale are indicative of more acute daytime sleepiness.

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Please answer the following questions as honestly as you can by circling one answer only:

1. How often do you fall asleep or get drowsy during class periods?
 Always Frequently Sometimes Seldom Never

2. How often do you get sleepy or drowsy while doing your homework?
 Always Frequently Sometimes Seldom Never

*3. Are you usually alert most of the day?
 Always Frequently Sometimes Seldom Never

4. How often are you ever tired and grumpy during the day?
 Always Frequently Sometimes Seldom Never

5. How often do you have trouble getting out of bed in the morning?
 Always Frequently Sometimes Seldom Never

6. How often do you fall back to sleep after being awakened in the morning?
 Very often Often Sometimes Seldom Never

7. How often do you need someone to awaken you in the morning?
 Always Frequently Sometimes Seldom Never

8. How often do you think that you need more sleep?
 Very often Often Sometimes Seldom Never

Scoring
 4 3 2 1 0

*Reverse score this item

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Reference

1. Drake, C., Nickel, C., Burduvali, E., Roth, T., Jefferson, C., & Badia, P. (2003). The pediatric daytime sleepiness scale (PDSS): sleep habits and school outcomes in middle-school children. *Sleep*, 26 (4), 455–458.

poorer sleep quality, sleepiness, and sleep-disordered breathing. *Journal of Pediatric Psychiatry*, 32(1), 69–79.

Perez-Chada, D., Perez-Lloret, S., Videla, A. J., Cardinali, D., Bergna, M. A., Fernández-Acuier, M., Larrateguy, L., Zabert, G. E., & Drake, C. (2007). Sleep disordered breathing and daytime sleepiness are associated with poor academic performance in teenagers. A study using the pediatric daytime sleepiness scale (PDSS). *Sleep*, 30(12), 1698–1703.

Representative Studies Using Scale

- Beebe, D. W., Lewin, D., Zeller, M., McCabe, M., MacLeod, K., Daniels, S. R., & Amin, R. (2007). Sleep in overweight adolescents: shorter sleep,